

Global Health To cure an ailing world I

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The WHO (World Health Organization)

keeps track of the general health of all countries

- researches birth rates
- infant mortality
- longevity
- causes of death
- nutrition
- malnutrition
- spread of disease

statistics used
by medical professionals
+ governments to
improve the lives of
their citizens

All countries participate in global health efforts -
because contagious diseases do not stay within

national borders

An epidemic (disease which suddenly hits a certain area)
can quickly turn into a pandemic, one that
spreads rapidly across long distances

These become global threats.

Medical cures - expensive to develop
often take years of research

International cooperation necessary to cure AIDS + Cancer

* What makes us sick - poverty or wealth?

Global health threats

① diseases of poverty

- x AIDS, malaria, tuberculosis, diarrhea
- cause 10% of all deaths world wide
- Caused by inadequate nutrition, hygiene and medical facilities

② diseases of affluence / lifestyle diseases

II

• heart disease • obesity

• cancer • diabetes

caused by luxuries in the western civilization

such as too much alcohol, tobacco + fatty food
combined with too little exercise

* Lifestyle diseases

Changes in lifestyle → increase in number of deaths
from diseases of affluence

- x At the beg. of the 20th century : 4% of the U.S. population
- ↳ by the end of the century : 60% - x -

Causes: Smoking

- eating more red meat (is now being debated - maybe not)
- more dairy products

• " sugar

• " fat

• " alcohol

less bread + grains

- technology + increased leisure time not good,

x more cars

↳ less exercise

x watching tv
↳ a couch potato?

These diseases also affect young people, especially
obesity + diabetes.